



2021 Winter Member Newsletter

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MLTC: 1-855-270-1600

TTY: 711
7 Days a Week 8am-8pm
www.centersplan.com



*"Winter is the time for comfort, good food,
and warmth. It's for the touch of a friendly
hand and for a talk beside the fire:
it is the time for home."*

— Edith Sitwell

Our highly trained member services representatives can provide the assistance and resources you need. They can help with COVID-19 questions, Meals on Wheels*, transportation needs* and other essential services that will allow you to live comfortably during these cold months.



Give us a call today and let us be there for you!

*Depending on plan selected.



CENTERS PLAN
FOR HEALTHY LIVING

COVID-19 COMPLIANCE: ACT SMART and DO YOUR PART

While efforts continue across the country to make our way through the COVID-19 Pandemic, there are simple steps you can take to maximize your safety during these difficult times.

WASH YOUR HANDS

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, before eating or preparing food, and after blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth with unwashed hands.

EARLY EVALUATION

If someone in your home is feeling sick and you are worried about the possibility of COVID-19, make sure to reach out to your doctor right away for advice on getting evaluated as soon as possible and minimizing further exposure in your household.

WEAR A MASK IN PUBLIC PLACES

When you are out in public and unable to maintain at least six (6) feet of distance from people who are not members of your immediate family or household, wear a mask to protect yourself and your community. Remember that some people without symptoms are still able to spread the virus. Masks are a simple, effective protection method that can help stop the spread of this virus.

KEEP UP WITH PREVENTATIVE HEALTH MEASURES

Vaccines for influenza (flu), pneumonia and others are more critical than ever this year! Appointments for your preventative health measures like mammograms and colonoscopies shouldn't be missed either. Please speak with your doctors to ensure that your health is being maintained and necessary visits are kept in accordance with up-to-date safety protocols.

As the COVID-19 vaccine becomes more available, talk with your doctor about how to go about obtaining this vaccination. According to the New York State Department of Health website, vaccinations are available to people aged 75 and older. Use the state's online tool at <https://am-i-eligible.covid19vaccine.health.ny.gov/> to find a location. The COVID-19 Vaccination Hotline is also open for scheduling vaccination appointments for eligible New Yorkers: 1-833-NYS-4-VAX (1-833-697-4829).

MINIMIZE EXPOSURE TO CROWDS

We live in an age where so much can be accomplished online or over the phone – take advantage of that. From grocery delivery to virtual consultations, you can keep your exposure to a minimum. Many providers are offering telehealth services, and our Medicare Advantage plans offer mail order pharmacy services. Please reach out to Member Services or your Care Management Team if you are having difficulty accessing remote care or would like to learn more. If you must go see your doctor in-person, as some appointments shouldn't be missed, make sure to wear your mask properly, maintain social distance from others, and wash your hands frequently.

STAY CONNECTED

It's so important to maintain mental health as well as physical health during these trying times, and staying connected to friends and family is a key component. Call your loved ones regularly, video chat, and write letters. Being outdoors in nature has also proven to reduce stress and improve health. So, next time you're feeling a little lonely or confined, go for a walk, feel the wind in your hair and the sun on your face, and let nature lift your spirits.



Influenza (FLU) Vaccine and COVID-19

Why Getting the Flu Vaccine is So Important This Year?

Each year, many people choose not to get the Influenza Vaccine (Flu shot). Given the situation this year with the COVID-19 pandemic and the limited resources, it will be very important to get the flu shot to protect yourself and your family. It will also be important to get vaccinated sooner than later. You can take real steps to prepare yourself and your family for the upcoming flu season during the COVID-19 pandemic:

- Social distancing — Continue practicing social distancing and limiting your family's contact with those who do not live in your household as much as possible.
- Mask use — Continue wearing a mask while in public or when sharing an indoor space with non-household members. A face mask offers protection not only for the people wearing it, but also for those around them.
- Hand hygiene — Encourage all family members to wash their hands frequently with soap and water (at least for 20 seconds) to help decrease the spread of germs. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Flu vaccination — Get vaccinated. Vaccines against influenza are safe and effective in preventing severe disease and hospitalization. Everyone 6 months and older is recommended to be vaccinated.
- Other vaccines — Use the opportunity to discuss your family's vaccine needs with your healthcare provider.

Taking these small steps can help you and your family members feel more in control during a time when all of us are experiencing uncertainty related to the pandemic and the upcoming flu season.



Fraud, Waste & Abuse

The pharmacists at Centers Plan for Healthy Living review all pharmacy claims to ensure there is no suspicious or fraudulent activity taking place in any pharmacy. We want our members to be aware that each member has the right to choose a pharmacy for their medication. We advise you to exercise your right to choose your preferred pharmacy and to make sure all of your doctors send all of your prescriptions to that pharmacy. When you use many pharmacies to fill your prescriptions, there is a greater chance that your personal information can become exposed, leading to the possibility of fraudulent billing and identity fraud.

Using one pharmacy for all of your medications can prevent fraudulent billing, lower the possibility of identity theft, and can ensure all of the medications prescribed by different doctors can be taken together safely without adverse interactions or duplications.

Preventing Heart Complications in Diabetes

Diabetes can be overwhelming, as there are lifestyle changes and medication treatments that come along with a diabetes diagnosis. Understanding why these changes and treatments are necessary can help motivate you to keep a healthy lifestyle and take your medications as the doctor prescribed. Diabetes medications prevent complications by helping the body digest sugar. It is important to take diabetes medications as directed by the doctor to prevent further damage to blood vessels.

Another important reason to keep blood sugar levels at a healthy range is to prevent diabetic complications. One diabetic health complication of high blood sugar is an increased risk of cardiovascular events such as heart attacks and strokes. Diabetes causes damage to blood vessels, which can lead to heart disease, ultimately causing heart attacks and strokes. To prevent complications due to blood vessel damage from diabetes, most diabetic members should be taking statin medications. Please speak with your doctor about starting statin medication today to ensure your medication treatment is the most effective at preventing complications from diabetes.

Adults with diabetes are

2X MORE LIKELY TO HAVE A
HEART ATTACK OR STROKE
THAN PEOPLE WITHOUT DIABETES.

All it takes is one conversation with your trusted health care professional to start lowering your risk. **Here's why:**



Diabetes can damage your blood vessels and nerves.



People with Type 2 diabetes might also have high blood pressure, high cholesterol or be overweight. These increase the chances of heart disease.



The longer you live with poorly controlled diabetes, the higher your risk of heart disease and stroke.



Check in with your doctor regularly. Ask about your heart health.



Continue healthy eating habits. Add fruits and veggies as a start. Eating better will help you **feel** better.



Keep moving. Alone or with a friend, it can feel great.



Self-care can be heart care. Lowering your stress is good for your mind and body.



Quit smoking. For ALL the reasons.



Monitor your blood glucose, blood pressure, cholesterol and weight.



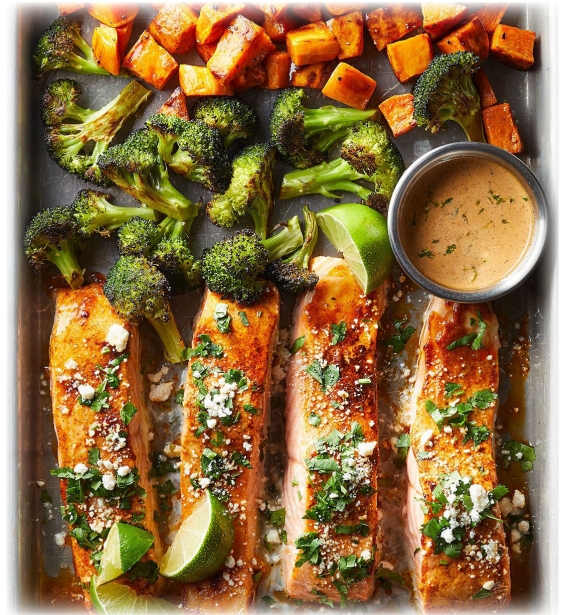
Take medication(s) as prescribed.



Sheet Pan Salmon with Sweet Potatoes & Broccoli

Ingredients

- 3 tablespoons low-fat mayonnaise
- 1 teaspoon chili powder
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 4 teaspoons olive oil, divided
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 4 cups broccoli florets (8 oz.; 1 medium crown)
- 1 ¼ pounds salmon fillet, cut into 4 portions
- 2 limes, 1 zested and juiced,
1 cut into wedges for serving
- ¼ cup crumbled feta or cotija cheese
- ½ cup chopped fresh cilantro



Directions

1. Preheat oven to 425 degrees F. Line a large rimmed baking sheet with foil and coat with cooking spray.
2. Combine mayonnaise and chili powder in a small bowl. Set aside.
3. Toss sweet potatoes with 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in a medium bowl. Spread on the prepared baking sheet. Roast for 15 minutes.
4. Meanwhile, toss broccoli with the remaining 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in the same bowl. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes. Spread 2 Tbsp. of the mayonnaise mixture over the salmon. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.
5. Meanwhile, add lime zest and lime juice to the remaining 1 Tbsp. mayonnaise; mix well.
6. Divide the salmon among 4 plates and top with cheese and cilantro. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.



FRAUD, WASTE & ABUSE

Everyone's responsible to help in the fight against Fraud, Waste and Abuse. If you suspect a provider, member or CPHL staff is engaged in fraud, waste, abuse or any other questionable activity, report it by calling 1-855-699-5046 or by visiting www.centersplan.ethicspoint.com. Both modes support anonymous reporting and are available 24 hours a day, 7 days a week.



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